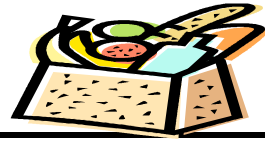


The Greater Washington Weight Loss Center

Food Diary



Day			Date	
Exercise			Water	
Pill	am	pm	Goal	
Time	Food/Drink Consumed	Place	Estimated Calories	Feelings

Day			Date	
Exercise			Water	
Pill	am	pm	Goal	